

SILVER STREAK

A NEWSLETTER OF PROGRAMS, ACTIVITIES AND COMMUNITY SERVICES

Registration Dates:

SEPT. 10 (R)

SEPT. 11 (NR)

o October · November · December o

seniors@danville.ca.gov | www.danville.ca.gov/seniors | (925) 314-3430



Danville Senior Center
115 E. Prospect Ave

Danville Community Center
420 Front Street

Hap Magee Ranch Park
1025 La Gonda Way

Oak Hill Park
Community Center
3005 Stone Valley Road

Town Meeting Hall
201 Front Street

Village Theatre
& Art Gallery
233 Front Street

Walk-tober

A 5K WALK FOR YOUR HEALTH

Rock this 5K walk! This year's Walk-tober 5K event will take place at Osage Park. This year, we will walk the loop around the park. After you walk, we eat! Enjoy a lunch "hot off the grill" at the picnic site. Participants will receive a Walk-tober souvenir shirt, a goodie bag and lunch. Bring a friend to walk with you or make a new one while you're there. Registration information is available on the Registration Form insert.



See San Francisco like never before! See page #2 for trip details.
Only ten spots available!



MAH JONGG IS COMING TO THE DANVILLE SENIOR CENTER

If you're interested in playing Mah Jongg stop by the front desk to sign up and get the latest details on times and days for instruction and game days.

Senior Advisory Commission

FIRST MEETING: WEDNESDAY, OCTOBER 23, 2019

TIME: 4:00 P.M.

LOCATION: TOWN MEETING HALL,

201 FRONT STREET

DANVILLE.CA.GOV/AGENDAS

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ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. Bus will be provided unless otherwise noted. Please let us know if you have any physical limitations prior to signing up for a trip so staff can try to accommodate your needs ahead of time. All trips depart from Diablo Vista Park.

Choose your level carefully:

LEVEL 1: Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.

LEVEL 2: Small amount of walking

LEVEL 3: Moderate to heavy walking

LEVEL 4: Heavy amount of walking/standing

LEVEL 5: Strenuous walking/hiking

If you are not sure where you fit, call us at (925) 314-3430.

Please note: Times listed for trips are approximate. All participants will receive a trip checklist with final details one week prior to departure. Trips are a one-day adventure. Don't forget to pack your sense of fun and your sense of humor!

Ghost Walk and Dinner

Thursday, October 24, 7:00 pm – 10:00pm

Location: Museum on Main, Pleasanton

Meet the ghosts of Pleasanton's past in this uniquely spooky annual event held by Museum on Main. Ghost Walk is a two-hour guided walking tour of Pleasanton's most haunted sites along Main Street in the downtown area. After a short introduction about the history of paranormal activity in the area, your Ghost Host will guide you on this haunted tour of the things that go bump in the night! This family-friendly tour, held for over ten years, continues to be a popular event during the Halloween season! Enjoy dinner on us at Gay 90's before your tours begins! Fees: \$41(R) \$48(N) Activity Level 4.

November

Exploratorium Museum

Thursday, November 7, 8:30 am - 5:30pm

Location: San Francisco, CA

Enjoy a day at the Exploratorium Museum in San Francisco! The Exploratorium hands on approach has led to it being cited as the prototype for participatory museums around the world. Your ticket will include transportation and access to the museum's exhibits. Lunch on your own. Fees: \$75(R) \$90(N) Activity Level: 3.

Beach Blanket Babylon

Thursday, November 14, 5:30 pm – 10:45 pm

Location: North Beach, San Francisco

As this iconic show will be permanently closing its doors on New Year's Eve 2019, don't miss your last opportunity to catch Beach Blanket Babylon, San Francisco's hilarious political and pop culture musical revue. Don't miss out on this hilarious night of fun! Trip includes transportation and ticket only. Some stairs. Fees: \$135(R) \$162(N) Activity Level 2.

December

Poinsettias and Fruit Yard

Wednesday, December 4, 8:00 am – 2:00 pm

Location: Hughson, CA

Visit Duarte Nursery for a tour and opportunity to purchase spectacular poinsettia and cyclamen plants to be given as holiday gifts! Buy your poinsettia where they are grown! Duarte Nursery grows over 60,000 poinsettias, with over 30 varieties and colors. Our visit to The Fruit Yard will include lunch and time to shop in their Fruit Market and Bakery for holiday treats, dried fruit, nut baskets, homemade pies and more! Transportation and lunch included. Activity Level 3. Fees: \$73(R) \$87(N)

SPECIAL EVENTS

Walk-tober: 5k Walk for Your Health

Friday, October 4, 10:30 am – 12:30 pm

Location: Osage Park

Come and walk a 5K for your health at Osage Park and then celebrate with a BBQ lunch at the Osage Picnic Area. Register with a current walking buddy or meet a new one on the trail. If you are not comfortable with a 5K, don't be discouraged! Just walk what you can, and meet us in

TRIPS

Please Note: Cancellation policy regarding trips. Any cancellations on trips must be made 10 business days prior to the trip unless tickets have been purchased. Some trips may not be refundable. Transportation is included unless otherwise noted. Don't be late, the bus won't wait!

October

Tuk Tuk San Francisco Tour

Wednesday, October 9, 7:00 am – 3:00 pm

Location: San Francisco

WHAT IS A TUK TUK? Electric Tuk-Tuks are auto rickshaws often seen in Asia. These vehicles are perfect for our adventurous visitors who want to see the city in a unique and exciting way. During the tour, your guide will share stories, history and recommendations about some of San Francisco's most iconic neighborhoods. Popular locations will be visited. This will be a fun day that you won't soon forget! Only 10 spots available! Please bring a bag lunch, as we will find a spot to stop, eat and recap our fun adventure! Fees: \$155(R) \$186(N) Activity Level 5

Fleet Week Bay Cruise

Sunday, October 13, 11:30 am – 7:00 pm

Location: San Francisco

The 2019 Fleet Week Air Show starring the Blue Angels arrives in San Francisco! Indulge in a delicious lunch buffet as you sip on free-flowing champagne and enjoy background music from the on the on board DJ. Then step onto the outer deck to watch the jaw-dropping precision of the famous San Francisco Fleet Week Air Show pilots fly overhead! Transportation, admission and lunch is included. Fees: \$206(R) \$247(N) Activity Level 3.

the picnic area! Participants will receive a long-sleeve Walktober t-shirt and goodie bag with health resources. Registration also includes lunch hot off the grill. Thank you to our sponsors, Brookdale and Costco! Fees: \$15(R) \$18(N)

Line Dance Party

Saturday, October 5, 2:00 pm – 5:00 pm

Location: Danville Senior Center

Line Dance lessons from 2:00 pm - 3pm. Social Line Dance Party from 2:00 pm - 5:00 pm. Get out your dancing shoes and have fun! Partners not required. Feel the music and move your feet to the rhythm of a variety of tunes. Line Dance lessons from 2-3pm. Social Line Dance Party from 2-5pm. Fees: \$10(R) \$12(N)

Coffee and Pastries on the Patio

Tuesday, October 8, 8:30 am – 10:00 am

Location: Danville Senior Center

Fall is here! Join us for one of our last chances to be outside before winter arrives. Bring a jacket and an appetite and enjoy hot coffee and pastries on the patio. Stay and join us for a Buzz session on Saving Money on Prescription Drugs at 10:00 am at the Senior Center. Fees: \$2(R) \$3(N)

Flu Shot Clinic

Friday October 11, 11:30 am – 2:30 pm

Location: Danville Senior Center, Conference Room

Walgreens will be at the Danville Senior Center offering flu shots to those with Medicare and some Blue Cross insurance. After registration, please stop in prior to the event to fill out paperwork and to sign up for your time slot. Shots will be offered every 15 minutes. Fees: Free

Breakfast with Friends: Basque Café

Monday, November 18, 9:00 am – 11:00 am

Location: Basque Café, Danville

Join us as we continue our Breakfast with Friends at Basque Café. We will meet at 9:00am for a hot breakfast and great time with friends. After, have a little fun shopping in Downtown Danville for the Holidays! Drive yourself. Fees: \$15(R) \$18(N)

Paint Party and Hot Chocolate

Wednesday, November 20, 1:00 pm - 3:30 pm

Location: Town Meeting Hall

Join us for a fun afternoon of painting, have a little hot chocolate, and learn how to paint step-by-step with the instructor. Joe is going to teach us to paint and will bring all supplies. If you've never painted before, he will bring out the creativity in you. Please check with the Senior Center to find out what you will be painting. Fees: \$30(R) \$36(N)

Holiday Luncheon

Friday, December 13 2019, 12:00 pm – 1:30 pm

Location: Danville Senior Center

Get into the holiday spirit at our Annual Party! Enjoy this wonderful event with friends while feasting on a delicious, catered hot lunch, fun

holiday entertainment and a visit from Santa! Register today for this special holiday treat! Fees: \$12(R) \$14(N)

BUZZ SESSIONS

What's the Buzz on topics and interests facing today's older adults? Join us to talk to the experts. Sessions are free! Please contact Senior Services at (925) 314-3430 or seniors@danville.ca.gov if you have any suggestions or would like to offer a buzz session!

Mind Games for Seniors

Tuesday, October 1, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Kellie Schuyler

Let's keep our brains sharp and have fun while we do it. Come play some mind games with us! We will break up into teams and put our minds to work. The morning will be filled with creativity, laughs and a little competition amongst friends. This is not your ordinary Buzz Session, no lecture, just fun time with friends!

Saving Money on Prescription Drugs

Tuesday, October 8, 10:00 am - 11:00 am

Location: Danville Senior Center

Presenter: Diane Whaley

Are you paying too much for your medications? There are simple and safe ways to lower your costs. This talk will show you how to save money on your drugs whether you have Medicare, other coverage, or no drug coverage. You'll learn how to optimize your Medicare coverage, and simple and practical strategies for cutting drug costs regardless of your coverage or income. There are also some important things to know about Canadian online pharmacies. Presented by HICAP Medicare Counseling of Contra Costa County. No Selling! Just valuable information.

Left Holding the Bag

Tuesday, October 15, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Kristin Furlong

Travel with Kristin Furlong as she shares her story from an incurable illness to a life-saving, and body altering surgery. Kristin has recently published her book, Left Holding the Bag, which tells of her journey with ulcerative colitis, ostomy surgery, and her new life wearing a permanent ileostomy bag. She shares vulnerably about her pain and fear, about the faith that sustained her, and a few humorous moments along the way.

Medicare 2020 – What You Need to Know

Tuesday, October 22, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Diane Whaley

What's happening with your Medicare drug or Advantage plan for the coming year? Medicare Open Enrollment is Oct 15 - December 7. Every year, plans change their covered drugs, co-pays, doctor networks and more. Even if you like your current plan, it may no longer be best for you

in 2020. Also, your needs may have changed. You will get an overview of the 2020 changes affecting Medicare Prescriptions and Advantage Plans in your county. You'll learn about your coverage options and receive helpful handouts. Join us to learn all you need to know about 2020 and Medicare.

Early Pioneers of San Ramon Valley

Tuesday, October 29, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Carmen Curtis, Sonya Borlandelli and Stan Wharton, History Presenters from the San Ramon Valley Museum

Come enjoy a bit of local history with the presenters of the San Ramon Valley Museum. Their presentation features early San Ramon Valley pioneers, Mary Ann Jones, R.O. Baldwin and Mary Cox Baldwin, who played an important role in the settling of the lands of Alamo, Danville and San Ramon. Their stories portray the adventures, difficulties and successes of these early settlers.

What are Shingles?

Tuesday, November 5, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Behnaz, Pharmacy Manager

Come learn all there is to know about Shingles and why it is important to get immunized to protect yourself.

Disinheriting the IRS from your Retirement Account

Tuesday, November 12, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: John Lau CFP, CPA and local author

Without proper planning, the IRS can be the largest beneficiary of your retirement accounts. Retirement accounts such as IRA, 401(k), 403(b), etc. are subject to a special set of rules. Without proper planning, you may lose a substantial portion of your retirement accounts to unnecessary taxes. Careful planning is critical. Join us at this free financial education presentation where you will learn: How to avoid or reduce double taxation on your retirement assets, how to prevent the people from inheriting your IRA, how to plan tax-efficient IRA transfers to your heirs, why you shouldn't name your living trust as your IRA beneficiary and more!

Coping with Grief and Loss

Tuesday, November 19, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Kathleen Brand, LMFT, ATR

Navigating Grief. Grieving the loss of a loved one is challenging, and the longer we live, the more losses we experience. This presentation will help you learn about grief, how to process and integrate your loss, and how to cope in a healthy manner. Strategies, tips, and techniques will be provided. As the holidays are just around the corner, information about surviving special occasions while grieving will also be included.

Tales from an Irish Tinker

Tuesday, December 3, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: David C. McGaffey

Interactive storyteller, Diomedes O'Mulligan (the Oldest man on Earth) tells tales of his travels with his magic sack. Audience help may be needed. Come enjoy this style of improvised storytelling and experience something out of this world.

Depression and the Elderly

Tuesday, December 10, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Judy Tow & Laura Gumban, LVN - Kindred Hospice

Depression is a common condition in the senior population. Join us for an educational interactive discussion. Learn some tips on how to handle low moods and how to get support from family and friends. Self-help will also be discussed.

Wildlife in Your Backyard

Tuesday, December 17, 10:00 am – 11:00 am

Location: Danville Senior Center

Presenter: Hali'a Eastburn, San Francisco Bay Area Chapter of the Wildlife Society

One of the best parts about living in the Bay Area is getting to live around and with so much wildlife. But sometimes living so close to each other can cause unnecessary trouble. Come learn about the wildlife you see in your own backyard and how to get all the benefits of coexisting with your wild neighbors.

TECHNOLOGY CLASSES

Common iPhone Apps

Tuesday, October 8 - 22, 2:45 pm – 3:45 pm

Location: Danville Senior Center, Community Hall C

Instructor: Clark Murray

This 3-week course will teach you how to find and use common iPhone Apps such as Weather, Clock, Calendar, Maps, Dropbox, Yelp, IMDB, TripAdvisor, YouTube, iHeart, Uber, Next Door, Door Dash, Facebook, Instagram, and Twitter. Fees: \$5(R) \$6(N)

iPhone Basics

Tuesday, October 29 – November 12, 2:45 pm – 3:45 pm

Location: Danville Senior Center, Community Hall C

Instructor: Clark Murray

This 3-week course covers iPhone basics for models 5 and later. The course will begin with a discussion about common usage such as voice calls, texting, email, and photos. General iPhone topics such as calendar, clock, notes, maps, weather and internet surfing will also be discussed. Fees: \$5(R) \$6(N)

Intergenerational Smart Phone & Tablet Help**Fridays, October 4, November 1, 4:00-5:00 pm****Location: Danville Senior Center, Community Hall**

Want help with your smartphone or tablet? This program is designed to help through the usage of modern gadgets in a non-stressful, engaging, friendly setting. Bring your phones, iPads, or other digital devices to get assistance from youth and teen volunteers. An adult coordinator will be present for additional help. Free.

*ART/MUSIC CLASSES***Acrylic Painting****Mon, Oct 7 – Nov 4, 10:30 am - 12:30 pm. Fees: \$100(R) \$120(N)****Mon, Nov 18 – Dec 16, 10:30 am - 12:30 pm. Fees: \$100(R) \$120(N)****Location: Danville Senior Center, Art Room****Instructor: Zina Kassab**

Learn all about painting with acrylics, with emphasis on composition, color mixing and brush work. Participants will also learn all about acrylic techniques and textures. Students will be guided with a step-by-step instruction; no experience necessary. We will paint the landscape scene from a photo. You can bring your own or use one of the pictures provided. \$8 materials fee.

New Class* Sketching*Mon, Oct 7 - Nov 4, 1:30 pm – 3:00 pm. Fees: \$75(R) \$90(N)****Mon, Nov 18 – Dec 16, 1:30 pm – 3:00 pm. Fees: \$75(R) \$90(N)****Location: Danville Senior Center, Art Room****Instructor: Zina Kassab**

Learn how to sketch basic shapes and correct proportions, understand perspective and contrast. Students will learn how to use the different sketch pencils and learn variety of sketching techniques. We'll sketch both landscape and still life.

*COOKING CLASSES***Cooking with James & Coni – Year End Surprise****Thursday, December 12, 2:00 pm - 4:30 pm****Location: Danville Senior Center, Community Hall A****Instructor: James Donnelly**

Recipes, preparation & tasting of foods from around the world. We have been offering this class for over 5 years and prepared foods from more than 21 countries. Now is an opportunity for those who have joined us in the past to help set the menu for December. Email james.r.donnelly@comcast.net with your favorite recipes we have prepared before. We will use these to set our menu. Fees: \$10(R) \$12(N)

New Class* Dim Sum Workshop*Tuesday, October 29, 11:30 am - 2:30 pm****Location: Oak Hill Park Community Center, Kitchen****Instructor: Chat Mingkwan**

Dim Sum means “a little bit of heart,” and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and fun light appetizer, lunch, snack or as a special treat. We will learn to

use a variety of specialties to create popular items, and learn the techniques of filling and wrapping hands-on, preparing delicious dim sum, such as pork and shrimp dumpling, BBQ pork buns, Chinese broccoli, sesame seed balls, etc. Bring your sharp chef knife or cleaver, cutting board, hand towel, beverage, and a to-go box. \$12 food fee. Fees: \$50(R) \$60(N)

New Class* Basic Thai Cooking*Saturday, November 2, 11:30 am – 2:30 pm****Location: Oak Hill Park Community Center, Kitchen****Instructor: Chat Mingkwan**

Recently returned from Thailand with new trends and his cookbook, “Easy Thai,” Chat invites you to get into Thai with this hands-on cooking class. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing a 5-dish meal for your dinner. Learn to use herbs and spices that are unique to Thai cuisine and transform fresh ingredients into delicious dishes, such as Pad Thai, Green Curry, and Tomyum soup. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60.00(N)

New Class* Asian Vegetarian Cooking*Thursday, November 7, 5:30 pm - 8:30 pm****Location: Oak Hill Park Community Center, Kitchen****Instructor: Chat Mingkwan**

Using his new cookbook, “Asian Fusion, Vegetarian,” Chat invites you to join his quest for healthy eating. Let's modify popular dishes into vegetarian-friendly meals and maintain the soul that makes Asian cuisine so uniquely popular. We will make 5 dishes from various Asian cuisines, such as China, India, Japan, Thailand, and Vietnam, and make them healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs from Asia. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60(N)

New Class* Vietnamese Cooking*Monday, November 18, 5:30 pm - 8:30 pm****Location: Oak Hill Park Community Center, Kitchen****Instructor: Chat Mingkwan**

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let's explore what makes Vietnamese cuisine so popular. Learn to use fresh herbs such as, Vietnamese mint Rau Ram, basil Rau Que, and Ngo Gai. Learn the simple techniques in preparing popular Vietnamese dishes such as spring rolls, shaking beef, lemongrass chicken, clay pot and more. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60(N)

CLASSES

***New Class* International Crepes Workshop**

Thursday, December 5, 5:30 pm - 8:30 pm

Location: Oak Hill Park Community Center, Kitchen

Instructor: Chat Mingkwan

Crepes can be found in one form or another all around the world, and they can be served as an appetizer, snack, salad, main entrée or dessert. Let's try crepes of milk and cream from the West, and crepes of coconut and nectar from the East. Let's try fillings of cheeses and wines from Europe, and fish sauce and toddy from Indochina. Learn how to make different batters and fillings and try the various techniques in spreading and stuffing crepes. We will prepare the most popular crepes from both worlds, such as Blintzes and cheese sauce, Chinese Muu Chu, French, Thai and Vietnamese moon crepes, etc. Bring your sharp chef's knife, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60(N)

***New Class* Healthy Stir-fry Workshop**

Wednesday, December 11, 11:30 am - 2:30 pm

Location: Oak Hill Park Community Center, Kitchen

Instructor: Chat Mingkwan

Chinese invented wok and stir-fry cooking technique and all Asian cuisines adapted and modified this technique to call their own. Stir-frying is a fresh, quick, and easy food preparation, using the freshest ingredients, taking little time to cook, and employing simplest technique. We will make delicious and popular Asian stir-fried dishes from Chinese, Thai, Vietnamese cuisine, and make them healthier and more personalized by adding your own twists. Bring your sharp chef's knife, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60(N)

***New Class* Asian Appetizers for the Holidays**

Monday, December 16, 11:30 am - 2:30 pm

Location: Oak Hill Park Community Center, Kitchen

Instructor: Chat Mingkwan

Varieties of delicious morsels will be made with an Asian flair. Easy, simple and attractive are combined to create these cocktails hors d'oeuvres and finger food offerings. Ingredients and techniques of both worlds are infused in hands-on preparing appetizers such as stuffed Indian Naan, Chicken Yakitori, Prawn Cakes with Sweet Chili sauce, Lemongrass beef patties, and Coconut Pockets. Bring your sharp chef's knife, cutting board, hand towel, and your own beverage. \$12 food fee. Fees: \$50(R) \$60(N)

DANCE CLASSES

Bollywood Dance Fusion

Wed, Oct 9 - 30, 9:30 am - 10:30 am. Fees: \$68(R) \$82(N)

Wed, Nov 13 - Dec 18, 9:30 am - 10:30 am. Fees: \$85(R) \$102(N)

Location: Town Meeting Hall

Instructor: Kiran Easwarachandran

Come find this body-mind connection through the magical music of BOLLYWOOD, where you get a great workout, connect with your body,

groove to a different beat, and mostly, be in the joy of movement. Absolutely, no dance experience needed! Come dressed comfortably to dance/sweat/workout. Please bring water. No class 11/27.

Dancercise

Wednesday, October 9 - December 18, 10:55 am - 11:50 am

Location: Danville Senior Center, Community Hall

Instructor: Reggie Kwan and Bonnie Braga

A variety of steps will be taught and combined to help people build physical fitness, strong minds and happy hearts. This class is designed for beginner to intermediate levels. Line dance experience is recommended. Class on 10/30 will be held at the DCC: Valley Oak room and will begin at 11:25 am. Fees: \$30(R) \$36(N) No class on 10/2.

Line Dance (High Beginner)

Thursday, October 3 - December 19, 10:00 am - 11:00 am

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

Explore different music from a variety of music genres. Each dance is repeated until everyone is comfortable with the dance. This class is suitable for dancers with some dance experience. Watch our dances on YouTube Channel superlinedance.com. Class on 12/12 will begin at 11:15. No class 11/28. Fees: \$44(R) \$53(N)

Line Dance (Easy Intermediate)

Thursday, October 3 - December 19, 11:15 am - 12:15 pm

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy, social workout. Current choreographies will be taught to a variety of music genres with both fast and slow dances. Watch our dances on YouTube channel superlinedance.com. Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. Class on 12/12 will begin at 12:30. No class 11/28. Fees: \$44(R) \$53(N)

EXERCISE CLASSES

Chair Yoga for Seniors

Wednesday, October 2 - December 18, 11:30 am - 12:30 pm

Location: Town Meeting Hall

Instructor: Sallie Moran

Basic modified yoga poses and stretches are taught in a gentle style on a chair and standing. Focus on stretching, improving mobility and flexibility, awareness of breath, relaxation and mindfulness. No prior experience is necessary, all levels are welcome. Please bring a mat. Wear comfortable clothing. No class 10/23. Fees: \$121(R) \$145(N)

Gentle Stretch**Monday, October 7 – December 23, 2:30 pm - 3:30 pm****Location: Danville Senior Center, Community Hall****Instructor: Rosalyn Lee**

Treat the body to healthy stretching that elongates muscles, aligns joints and improves flexibility, balance and core condition. Bring a mat and a dish-sized towel. No class on 11/11. Fees: \$84(R) \$101(N)

Jacki Sorenson's Aerobic Dance - Beginner's Class**Tues & Thur, Oct 1 – 29, 1:00 pm - 2:00 pm. Fees: \$48(R) \$58(N)****Tues & Thur, Nov 5 - 26, 1:00 pm - 2:00 pm. Fees: \$36(R) \$43(N)****Location: Danville Senior Center, Community Hall****Instructor: Lorie McGuinness**

FOR NEW STUDENTS: Learn the basic steps and dances in a supportive fun environment and get a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for active seniors. Wear comfortable clothes and bring a floor mat. Hand held 2-4 pound weights are recommended but not required. No class for 2 days TBD by instructor.

Jacki Sorenson's Aerobic Dance, Mon/Wed (55Y & up)**Sept 30 – Dec 23, 5:30 pm – 6:30 pm. Fees: \$128(R) \$154(N)****Mon only, Sept. 30 – Dec. 23, 5:30 pm – 6:30 pm, Fees: \$80(R) \$96(N)****Wed only, Oct. 2 – Dec. 18, 5:30 pm – 6:30 pm, Fees: \$80(R), \$96(N)****Location: Danville Senior Center, Community Hall****Instructor: Lorie McGuinness**

Jacki Sorensen's Aerobic Dancing is a dance fitness class for the non-dancer that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for all ages and is suitable for active seniors. Wear comfortable clothes and bring a floor mat. Hand held 2-4 pound weights are recommended but not required. No class 11/11, 12/2 and 2 days TBD by instructor.

Luk Tung Kuen**Wednesday, October 2 – December 18, 10:00 am - 10:50 am****Location: Danville Senior Center, Community Hall****Instructor: Chia Chia Chien**

This is a very popular worldwide exercise with 36 postures. Each posture has its own pattern, which is repeated 5-10 times. No class on 10/30 and 11/27. Fees: \$30(R) \$36(N)

Mat Pilates**Tues, Oct 1 – Dec 17, 8:30 am - 9:30 am. Fees: \$88(R) \$106(N)****Location: Danville Senior Center, Community Hall A****Thur, Oct 3 – Dec 19, 10:30 am - 11:30 am. Fees: \$80(R) \$96(N)****Location: Danville Senior Center, Meeting Room****Instructor: Felicia Viera**

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle, which stabilize and support ideal posture and alignment. Bring mat and small pilates ball (ball can be purchased from in-

structor for \$8). Make up classes available. No class 10/10, 10/15 and 11/28.

Qigong-Shibashi for Seniors**Wednesday, October 2 – December 18, 12:10 pm - 1:10 pm****Location: Danville Senior Center, Community Hall****Instructor: Jim Donnelly**

Qigong (Chi Kung) is an ancient Chinese mild exercise system. Qigong is an integration of physical postures, breathing techniques, and focused intentions. The gentle movements reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18 movement form of flowing qi gong that is easy to learn and practice. Class on 10/30 will meet at DCC Valley Oak at 12:25 pm - 1:25 pm. Fees: \$30(R) \$36(N)

Senior Stretch + Light Fitness (Arthritis Friendly)**Fri, Oct 4 - 25, 9:15 am - 10:15 am. Fees: \$32(R) \$38(N)****Fri, Nov 1 - 22, 9:15 am - 10:15 am. Fees: \$32(R) \$38(N)****Fri, Dec 6 - 20, 9:15 am - 10:15 am, Fees: \$24(R) \$29(N)****Location: Danville Senior Center, Community Hall****Instructor: Sylvia Rodriguez**

This active aging exercise class is designed to help seniors and individuals suffering from arthritis to maintain their cardiovascular health, strength and flexibility. The main purpose is to be able to enjoy activities of everyday life without pain or injury. Arthritis condition not required. Bring a mat.

Strength and Tone**Thurs, Oct 3 - 31, 4:00 pm - 5:00 pm. Fees: \$40(R) \$48(N)****Thurs, Nov 7 - 21, 4:00 pm - 5:00 pm. Fees: \$24(R) \$29(N)****Thurs, Dec 5 - 19, 4:00 pm - 5:00 pm. Fees: \$24(R) \$29(N)****Location: Danville Senior Center, Community Hall****Instructor: Parandis Banifatemi**

This is a full body workout class which puts every muscle to work. You get a combination of balance, toning, strength and endurance with some aerobics in between. Students can use 2-3 lb. and/or heavier 5-8 lb. dumbbells. Class can be done with or without weights.

New Class* Stretch and Strengthen Pilates Style*Wed, Oct 2 – Nov 6, 2:00 pm - 3:00 pm. Fees: \$60(R) \$72(N)****Wed, Nov 13 – Dec 18, 2:00 pm – 3:00 pm. Fees: \$60(R) \$72(N)****Location: Danville Senior Center, Community Hall****Instructor: Jo Nash**

This Pilates based class enhances your body to a healthy place. You will stretch and strengthen your body while elongating and toning muscles. While improving flexibility. Your core and back will get strengthened. Bring a mat and a resistance band. You must be able to get on the floor. Class on 10/30 will be held in the Town Meeting Hall.

Tai Chi**Wednesday, October 2 – December 18, 8:45 am - 9:35 am****Location: Danville Community Center, Valley Oak Room****Instructors: Josie Fong & Cynthia Lau**

Learn the simplified 24 Form Tai Chi with step-by-step instructions. It is a low-impact, weight-bearing exercise with body movement, balance control, muscle coordination and stretches.

Fees: \$30(R) \$36(N) No class 11/27.

Advanced Tai Chi**Tues & Thurs, October 1 – December 19, 11:30 am – 12:30 pm****Location: Danville Community Center, Valley Oak Room****Instructors: Sulina Lei & Cynthia Lau**

This class teaches the 42 Competition Form. This popular form combines movements from Chen, Yang, Wu, and Sun styles of traditional Tai Chi and provides great health benefits. This class is for experienced Tai Chi students. Class on 10/29, 11/21, and 12/17 will meet at the Town Meeting Hall. Class on 12/12 will meet at Oak Hill Park Ballroom.

Fees: \$30(R) \$36(N) No class on 10/24, 11/26 & 11/28.

New Class* Intermediate Tai Chi*Tues and Thurs, October 1 – December 19, 10:00 am – 11:00 am****Location: Danville Community Center, Valley Oak Room****Instructors: Sulina Lei & Cynthia Lau**

This class teaches Yang Style 40 Form Tai Chi, which is derived from the traditional Yang 108 Form. This class is for students of the 24 Form who are interested in learning more Yang movements. Class on 10/29, 11/21, and 12/17 will meet at the Town Meeting Hall and will begin at 10:15 am.

Fees: \$30(R) \$36(N) No class on 10/24, 11/21, 11/26, and 11/28.

T'ai Chi Chih & Qigong**Tuesday, October 1 – December 17, 11:00 am - 12:00 pm****Location: Danville Senior Center, Community Hall****Instructor: Mary Case**

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate.

Fees: \$30(R) \$36(N)

Yoga**Mon, Oct 7 – Dec 16, 11:00 am - 12:15 pm. Fees: \$110(R) \$132(N)****Location: Danville Community Center, Valley Oak Room****Wed, Oct 2 – Dec 18, 8:15 am - 9:30 am. Fees: \$132(R) \$158(N)****Location: Danville Senior Center, Community Hall****Instructor: Marcia Conroy**

Basic foundations of yoga are taught in a gentle modified style. Focus includes stretching, weight-bearing poses, sequences of poses designed to improve heart rate, enhance mobile stability, and stress relief. Yoga mat required. Wear comfortable clothing. Class on 10/30 will be held at the Town Meeting Hall. No class 11/11.

Zumba**Mon, Oct 7 - 28, 4:15 pm - 5:15 pm. Fees: \$24(R) \$29(N)****Mon, Nov 4 - 25, 4:15 pm - 5:15 pm. Fees: \$24(R) \$29(N)****Mon, Dec 2 - 23, 4:15 pm - 5:15 pm. Fees: \$32(R) \$38(N)****Location: Danville Senior Center, Community Hall****Instructor: Parandis Banifatemi**

Zumba is designed to bring people together to sweat! Once the Latin rhythms start, you'll see why Zumba is called exercise in disguise. Super fun! No class on 10/14, 11/11.

FIRST AID & SAFETY / SENIOR**Senior Self-Defense with Cane Assist****Tuesday, October 1 – December 17, 9:00 am - 10:00 am****Location: Town Meeting Hall****Instructor: Jim Donnelly**

This class focuses on teaching seniors important principles of self-defense and ways to use your cane to protect yourself and remain safe. This is not a martial arts class. Use of a cane for self-defense is not mandatory.

Fee: \$30(R) \$36(N)

HEALTH AND WELLNESS CLASSES**Introduction to Mindfulness – Beyond the Hype****Wed, Oct 16 – Nov 20, 2:00 pm – 4:00 pm, Fees: \$100(R) \$120(N)****Thurs, Oct 17 – Nov 21, 12:30 pm – 2:30 pm, Fees: \$100(R) \$120(N)****Location: Danville Senior Center, Meeting Room****Instructor: Gail Schleimer**

Please join me in six 2-hour sessions to learn about Mindfulness. Experience why science supports that it can improve your overall health and well-being. Course offers thematic teachings, discussions, tools and guided meditations for everyday life. No prerequisites, experienced meditators welcome. Bring a small pillow/cushion for sitting.

New Class* Wellness Workshop*Mon, Sept 16, 9:00 am – 11:00 am. Fees: \$70(R) \$84(N)****Mon, Oct 7, 9:00 am – 11:00 am. Fees: \$70(R) \$84(N)****Location: Danville Community Center, Lounge****Instructor: Sahar Berjis**

This class is aimed to help seniors have tools to eat healthier and learn to make choices adjusting for environmental and emotional factors associated with aging. This hands on workshop empowers seniors to have a better control of their health.

Danville Senior Citizens Club**Mondays, July 1 – September 30, 9:00 am - 2:00 pm****Location: Danville Senior Center, Community Hall**

Mah-Jong, and free drop-in bridge lessons available 9:00 a.m.-11:30 a.m.

Bingo 11:30 am-2:00 pm. New members welcome. No meeting 9/2. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268.

FOREIGN LANGUAGE

Spanish – Beginning 1**Tuesday, October 1 – December 17, 11:00 am - 12:00 pm****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students who are taking Spanish for the very first time. Learn phrases, salutations, vocabulary and numbers. Basic beginner's vocabulary to have short dialogues and conversation. Required materials: Easy Spanish, Step by Step by Barbara Bregstein, Editorial McGraw Hill. \$2 materials fee due to instructor on the first day of class. Fees: \$180(R) \$216(N)

Spanish - Beginning 2**Monday, October 7 – December 16, 9:00 am - 10:00 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students with some previous exposure to Spanish. Please contact the instructor if you are not sure about your level. Basic beginner's vocabulary to have short dialogues and conversation. Required materials: Easy Spanish, Step by Step by Barbara Bregstein, Editorial McGraw Hill. \$2 materials fee due to instructor on the first day of class. No class on 11/11. Fees: \$165(R) \$198(N)

Spanish Intermediate**Tuesday, October 1 – December 17, 9:30 am - 11:00 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

For students with some Spanish knowledge who want to continue learning and improving their language skills. Required materials: Easy Spanish, Step-by-Step, by Barbara Bregstein. Editorial McGraw Hill. \$2 materials fee due to instructor on first day of class. Contact instructor before registration. Fees: \$180(R) \$216(N)

Spanish Conversation**Monday, October 7 – December 16, 10:30 am - 11:30 am****Location: Danville Senior Center, Meeting Room****Instructor: Marta Castaneda**

This class is for students who have some knowledge of Spanish. We will continue learning vocabulary, grammar and conversational Spanish. We will use the workbook, Spanish Three Years, by Nassi-Levy, 2nd edition. We will also read and discuss articles. \$2 materials fee due to instructor on first day of class. No class 11/11. Contact instructor before registration. Fees: \$165(R) \$198(N)

GAMES/MIND ENRICHMENT/GROUPS

ACBL Bridge**Friday, October 4 – December 20, 11:00 am - 2:30 pm****Location: Danville Senior Center, Community Hall BC****Instructor: Michael Gosnell**

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call

Michael at (925) 891-4200 for available partners (not guaranteed). Online registration not available. Fees: \$8/day(R) \$9/day(N)

Bridge Basics One: An Introduction**Wednesday, October 7 – November 18, 10:00 am - 12:00 pm****Location: Danville Senior Center, Community Hall C****Instructor: Michael Gosnell**

Come learn the game of games! We will go over hand evaluation, opening bids and responses along with the basics of declarer play and defense. No experience required. No class 11/11. Fees: \$90(R) \$108(N)

Basic Bridge: Conventions**Thursday, October 3 – November 14, 12:00 pm - 2:00 pm****Location: Town Meeting Hall****Instructor: Michael Gosnell**

Come and learn some of Bridges most popular conventions. We will cover Stayman, Jacoby Transfers, Unusual No Trump, among others. Class members must know the basics of standard bidding. No beginners. Fees: \$100(R) \$120(N)

Friday Game Day**Friday, October 4 – December 20, 11:00 am - 1:30 pm****Location: Danville Senior Center, Art Room**

Come have fun with friends playing your choice of card games, board games, marble games, Mah-Jong, or game of your choice in a fun, recreational atmosphere. Registration not required. Free.

Senior Friday Bridge**Friday, October 4 – December 20, 8:30 am – 1:00 pm****Location: Town Meeting Hall**

Call coordinators Flo Ahern at (925) 718-5468 or Bill Iles at (925) 216-1203 for reservations, or email williamiles@comcast.net. Experienced players only, please. Fees: \$2 per person, per day.

CLUBS/GROUPS

Danville Senior Book Club**Meets the 2nd Tuesday of each month, 10:30 am - 12:00 pm****Location: Danville Senior Center, Art Room**

Join friends each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining and reading their own book and should read it prior to attending the discussion. Free.

October**The Honey Bus**

By Meredith May

An extraordinary story of a girl, her grandfather and one of nature's most mysterious and beguiling creatures: the honeybee. The book is an unforgettable story about finding home in the most unusual of places, and how a tiny, little-understood insect could save a life and opened her eyes to the magic and wisdom of nature.

November**Warlight**

By: Michael Ondaatje

A mesmerizing new novel that tells a dramatic story set in the decade after World War II through the lives of a small group of unexpected characters and two teenagers whose lives are indelibly shaped by their unwitting involvement.

December**The 7 or 8 Deaths of Stella Fortuna**

By Juliette Greens

From Calabria to Connecticut, a sweeping family saga about sisterhood, secrets, Italian immigration, the American dream, and one woman's tenacious fight against her own fate.

Danville Senior Citizens Club

Mondays, October 7 – December 23, 9:00 am - 2:00 pm

Location: Danville Senior Center, Community Hall

Mah-Jong, and free drop-in bridge lessons available 9:00 am - 11:30 am. Bingo 11:30 am - 2:00 pm. New members welcome. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268.

Hiking Club

The Danville Area Senior Hikes (DASH) is open to adults ages 55 and up. Most hikes are not strenuous, but gradients are involved due to the local terrain. Distances are usually 4-5 miles, and the pace is moderate. Hikes are scheduled for the 2nd and 4th Wednesdays of the month. Contact Senior Services at (925) 314-3430 or email seniors@danville.ca.gov to be added to the e-mail hike information list. Free.

Kamanawanaplaya Ukulele Club

Thursday, October 3 – December 19, 4:00 pm - 5:30 pm

Location: Danville Senior Center, Meeting Room

Instructor: Bob Turner

Join a group of ukulele enthusiasts who enjoy singing and playing together. New members are welcome. This is a great environment of those who have completed a beginner ukulele class. You must be able to play C, F, G, G7 and C7 chords. We use the Daily Ukulele series as our primary music library. Players must provide their own ukulele. New participants will need to purchase The Daily Ukulele (yellow book) and the Daily Ukulele - Leap Year Edition (blue book).

Fees: \$30(R) \$36(N)

Peer Support Group

Monday, October 14, November 18, December 9, 1:00 - 2:30 pm

Location: Danville Senior Center, Meeting Room

Facilitator: Susan B. Cohen, MFT

A continuation of issues of aging, finding purpose and coping with transitions. This will be a facilitated group led by a peer. Tools for coping will be offered. Confidentiality will be stressed as well. Class meets every second Monday of the month, except in November when it will be on the third Monday. Fees: \$30(R) \$36(N)

STEM Club

Meets 4th Tuesday of each month: Oct 22 and Nov 26, 2:30 pm - 4:00 pm

Location: Danville Senior Center, Meeting Room

Come join us one Tuesday afternoon a month when we get together at the Senior Center to dig into topics from the worlds of Science, Technology, Engineering, and Math (STEM). Participants are invited to present and lead discussion on topics of special interest or experience for them. Registration encouraged. Free. For more information, please visit the following website: mathandscience.org/STEM or email Tom Bauer at tbauer@mathandscience.org.

Walk and Talk (Walking Club)

Meets 1st and 3rd Wednesday of each month, 9:30am - 10:30am

Location: Osage Park, Danville

Facilitator: Sharon Wilson

Please join Sharon Wilson for some walking and talking! We will meet at Osage Park at 816 Brookside Drive. Bring water and a walking stick, if preferred. Free.

Writing Group

Friday, October 4 – December 20, 10:00 am - 12:00 pm

Location: Danville Senior Center, Meeting Room

Instructor: Gordon Lindsay

This group's purpose is to give participants a weekly schedule for writing and provide support by writing in the same room together and is based on the Shut Up and Write Groups throughout the Bay Area. We'll have approximately 10 minutes to chat about writing at the end of each session. We won't share aloud and there will be no writing exercises. Registration not required. Free.

LOCAL COMMUNITY RESOURCES**Press Release**

VOLUNTEER with AARP TAX-AIDE for 2020 TAX SEASON

AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages residing in Contra Costa County. Tax-Aide volunteer positions include Tax Counselors who are trained by Tax-Aide and certified by IRS, and Client Facilitators, who schedule appointments and assist clients at tax sites. Orientation is in November 2019, classes for tax counselors start in January 2020. Service is from February through April 15, 2020. If interested, apply online at www.aarp.org/taxvolunteer or call (925) 726-3199 for additional information.

AARP Smart Driver 2-Day Course

Thursday, September 12, 9:00 am - 1:00 pm

Thursday, September 19, 9:00 am - 1:00 pm

Location: Oak Hill Park Community Center, Ballroom

Instructor: Certified AARP Volunteer Instructor

This course is designed for drivers 50 and older and covers normal physical changes and provides techniques to compensate for these changes. Participants must attend both days to complete the course. The course

includes an auto insurance discount certificate. Instructor will collect checks made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Please note: Instructor cannot accept cash.

AARP Smart Driver Refresher Course

Tues, Nov 21, 9:00 am - 1:00 pm (4-hour refresher course)

Location: Danville Community Center, Valley Oak Room

Instructor: Certified AARP Volunteer Instructor

This four-hour refresher course is designed for drivers 50 and older who have taken the complete eight-hour AARP Smart Driver course in the last three years. The course includes an auto insurance discount certificate. Instructor will collect checks made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Please note: Instructor cannot accept cash.

Contra Costa Area Agency on Aging Needs Assessment Survey

Contra Costa County's Area Agency on Aging has begun conducting its quadrennial Needs Assessment Survey for those resident 60 years or better. The purpose of the survey is for the county to gather valuable data on the service needs of older adults and their caregivers residing within its 19 cities. This data will be used for the county's Four-Year Area Plan on Aging for the identification of the types and extent of existing and potential needs of older adults within the county, and an estimation of unmet needs and barriers which prevent access to available services. The survey period is from May through September of 2019. The survey results will be tabulated over the Fall/Winter and will be presented in March at the Area Agency on Aging's Public Meeting. Seniors and caregivers are encouraged to complete the survey online at <https://www.surveymonkey.com/r/olderadultssurvey>.

Friday Senior Lunch Program

Location: Danville Senior Center, Community Hall A

The Danville Senior Center now proudly hosts a CC Café & Bistro senior lunch program every Friday. Lunch is served on Fridays at 12:00pm. Reservations must be made by noon on Thursday (24 hours prior) by calling (925) 314-3430. Suggested donation of \$3.00 for those over 60 years of age. Each participant must fill out an intake form with information to participate. Menus are available at the Danville Senior Center or viewable online at www.danville.ca.gov/seniors. In addition to the daily entrée, menu alternatives include a cheeseburger, a gardenburger, a chef's salad, or a seafood salad.

HICAP Counseling for Medicare Beneficiaries & their Families 4th Monday of each month, 1:00 pm - 4:00 pm

Wednesdays, 8:45 am - 11:00 am and 1:00 pm - 4:00 pm

Location: Danville Senior Center, Conference Room

Instructor: Contra Costa County Staff/HICAP Counselors

HICAP provides free and objective counseling and advocacy services for Medicare enrollment as well as issues involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Free.

Notary Public Services

Mary Maki is available for notary services at the Senior Center by appointment only, Monday through Wednesday. Please call 925-683-2835 to make an appointment. Free.

Personal Counseling Services

Location: Danville Senior Center, Conference Room

Presenter: Discovery Counseling Center Dr. Fran Rapoport, PHD & Beverly Davis, AMFT

Dr. Fran Rapoport and Beverly Davis, AMFT, are available for individual and group counseling services. Confidentiality and privacy will be protected. For an appointment with Dr. Fran, call (925) 837-0505, ext. 314. For an appointment with Beverly Davis, call (925) 837-0505 ext. 334.

Welcome to Medicare Seminar

Sat, Oct 12, Nov 9, and Dec 14, 10:00 am - 12:30 pm

Location: Danville Senior Center, Community Hall C and Town Meeting Hall

A workshop for those new to Medicare. You will learn about Parts A, B, C, D and the benefits they offer. Learn ways to supplement Medicare using a Medigap or Medicare Advantage Plan and how to select a Part D Prescription Drug Plan. Extensive materials provided. Registration required. Please sign up for only one session. Seminar on November 9 will meet at the Town Meeting Hall. Free.





Town of Danville
Senior Services
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Danville, CA 94526

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Registration: September 10 (Residents) | **September 11** (Open Registration)

View or download the Silver Streak online at www.danville.ca.gov/seniors or view a copy at any Town Office location. You can also register for all activities at www.danville.ca.gov/recguide. If you would like to learn how to register online, please contact the Danville Senior Center to set up an appointment. One of our staff members will assist you.

Silver Screen Movies

Location:
Village Theatre

Movie Dates: 10/4, 11/8
and 12/6

FREE Movies are shown
Fridays at 1:30 p.m.

Please contact
Senior Services at
(925) 314-3430
to get a list of
scheduled movies.

Registration is not
required.

Screening Room Movie Series

Movies are shown on non-Silver Screen Fridays at the Danville Senior Center
Community Hall C at 1:30 pm. **FREE.** Registration not required.

Movies Dates: 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 12/13 and 12/20.

In the Next Issue of the Silver Streak...

- Casino Trip
- Tulipmania - Pier 39
- Evening of Drumming and Desserts

FOR MORE INFORMATION, PLEASE VISIT WWW.DANVILLE.CA.GOV/SENIORS

To join our Senior Movie mailing list, please send your email to seniors@danville.ca.gov.